

2018 WIT CELLARS CABERNET SAUVIGNON

PAINTED HILLS VINEYARD Columbia Valley AVA

BEEF TENDERLOIN ROAST



505 Cabernet Ct. Prosser, WA 99350 509.786.1311 **WitCellars.com**



3305 Monte Villa Parkway Bothell, WA 98021 425.892.8492

RussellLowell.com

BEEF TENDERLOIN ROAST

Serves 4

INGREDIENTS

24 oz	Beef Tenderloin Roast
1	Walla Walla Sweet Onion - Chopped
1/4 c	Shiitake Mushrooms
3	Garlic Cloves
	Bay Leaf
	Black Peppercorn
3	Sprigs Fresh Thyme
1 c	Red Wine - Inexpensive
32 oz	Veal or Beef Stock
2 tbsp	Butter



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DIRECTIONS

Beef Tenderloin Roast

- 1. Preheat oven to 300 degrees.
- 2. In an oven-safe pot, sear desired protein until browned on all sides. Add onion, garlic, bay leaf, peppercorn, thyme and red wine. Cook for two minutes and then add the yeal or beef stock. Cover with a lid or foil and put in the oven for 45 minutes to an hour. Pull out of oven, rest meat on a tray and reduce braising liquid until nape (thick enough to coat the back of a spoon without running off). Strain the liquid and whisk in the butter.
- 3. Hold sauce on low heat. Slice roast one inch thick on a bias.

Caramelized Onions & Shiitake Mushrooms

- 1. Slice onion and sauté on medium/low heat until caramelized, about ten minutes. Turn up the heat to a med/high and add the mushrooms. Sauté mushrooms for three minutes
- 2. Serve the sliced tenderloin on caramelized onions and shiitake mushrooms and top with veal or beef demi-glacé.



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